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RADIO SERVICE
Housekeepers' Half-Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

Release March 1, 2 or 3.

WHAT SHALL WE HAVE FOR DINNER?

"What shall we have for dinner?" Today's suggestions from the Bureau of Home Economics of the United States Department of Agriculture include several good things which are prepared some hours in advance, so your best plan will be to take them down now and use them tomorrow. Our menu today centers around a ham, which will be more tender if soaked overnight, then boiled, and finally baked. Just how to prepare it and how long to cook it, will be told among the special recipes for today. Some brands of ham do not need overnight soaking, but in general a ham is more tender and less salty if given this treatment.

If you haven't a ham on hand - but, of course, if you live in the country you will have - nice ones are available in the markets the year round. The larger hams cut to advantage, are usually well flavored and juicy. On many markets they may be purchased slightly cheaper than the smaller ones which are in greater demand. It is really an economy to cook a ham which is large enough for several meals. It may be served hot the first day and later sliced and served cold. In case the whole ham is too large, some butchers will sell a half at the same rate as the whole. A whole ham may be cut in two, using the parts at different times. It may be divided further by removing a few of the slices between for broiling or baking in milk. Wrap the piece you are not using in waxed paper immediately and then in stout wrapping paper. Put it away in a cool place where insects can not get at it.

How many courses should one plan for dinner? That's partly a matter of family custom and partly dependent on what is on hand that must be used. Even very formal dinners are no longer so extended and heavy as formerly. In the average family the

number of courses is reduced as much as possible to save dishwashing. A dinner will be completely balanced in food values and entirely satisfying if, in addition to meat or an equivalent, it provides some starchy food like potatoes or rice, a green-leaf vegetable, fruit, too, if possible, fat such as meat fat and butter, and a small amount of something sweet. When we have soups or salads, as well as these essential foods, they supply extra materials and often help to use up left-overs which might be wasted. Soups and salads also help out when the quantity of something else is scant, but they need not be planned for every dinner.

Our ham is to be made tender by boiling, and then covered with brown sugar and dotted with whole cloves for baking. Spinach will be appetizing with it. One of the secrets of cooking spinach so that it loses scarcely any of its valuable vitamins and the iron and other minerals it furnishes, is to use but little water - just enough to keep it from scorching until it is wilted. Then it will cook in its own liquor. Another point is to cook it the shortest possible time - ten minutes, or only long enough to make it tender. Finally, chop it up very fine and blend with it a little cream or butter as well as seasonings. But don't cook it long! Every bit of the liquid brought out in cooking it should be served with it or saved for soup another day. Some of the most important food substances of spinach are dissolved in this liquid.

"Salt and sweet" is a good combination of flavors, judiciously used. That is why sweet potatoes go well with ham and other smoked meats. But instead of having uninteresting boiled or baked sweet potatoes, try a new dish on the family - sweet potatoes with apples. Boil your sweet potatoes in their skins in the morning. Peel and slice them. Arrange the slices in a baking dish with alternate layers of raw sliced apple, generously dotted with butter and sprinkled with brown sugar. A half cup of water in the bottom of the dish will prevent the sugar from carmelizing and scorching and make a small amount of sirup. Top off with buttered bread crumgs and cook in the oven when you are baking your ham until the apples are tender.

Orange gelatin will be an excellent dessert to conclude this menu. It must, of course, be made early in the day so as to have time to set. This is a distinct advantage to the housewife, because it will be ready when she wants it without further effort. Serve this just as it is, or with cream, or a soft custard sauce.

To check off the items on our bill-of-fare:

Baked ham, sweet potatoes with apples, quick-cooked creamed spinach

Orange gelatin, with or without cream or sauce.

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TODAY'S BEST RECIPES

(Read very slowly or repeat.)

Ready with your notebooks and pencils now. If you haven't provided yourself with a special notebook for jotting down recipes and other suggestions given in these morning talks, plan to get yourself one before next time! Then you'll have everything together for ready reference. Now for today's best recipes:

Baked ham is to be the "piece de resistance" of our dinner today. Most people prefer to boil their ham first to make it tender and shorten the length of time it remains in the oven. With careful control, however, some kinds of moist, tender ham can be baked from the start. We are going to assume, however, that you are using the combination method, and that your ham has been soaked in cold water overnight, or for several hours before you put it on to cook.

An eight or nine pound ham or half of a larger ham is a good size for the ordinary family and will last for several meals. If you have a smaller piece, reduce the amount of spices, vinegar, and vegetable flavoring cooked with it. Wash the ham thoroughly and trim off any mold or loose pieces. Soak in cold water if necessary. Otherwise, put directly into cold water with a teaspoon and a half of pickling spice, three slices each of carrot and onion, a stalk of celery, half a teaspoon of celery salt, a sprig of parsley, and a quarter of a cup of strong vinegar. Bring to a boil

and cook slowly for five hours or more, or until it is tender when you try it with a long-tined fork. The meat should be somewhat shrunk from the bone, but the ham should not be overcooked or it will be difficult to carve.

Take it out of the water and remove the skin. Score that fat over the entire surface, cutting in squares, and then cover it with the following paste: One cup of brown sugar, one cup of fine soft bread crumbs, one teaspoon of mustard, and enough vinegar to hold the parts together. Stick the ham with whole cloves and bake for an hour. Baste with one cup of water mixed with one-fourth cup of vinegar and two tablespoons of brown sugar.

If you have a fireless cooker, you may prefer to cook your ham in it first and then finish it in the oven. The flavoring and the management of the heat are the important things if you want a really delicious result.

Orange gelatin should be made of fresh orange juice, except for the small amount of water needed to soften and dissolve the gelatin, and the sugar. The idea is to increase the day's supply of vitamins by those contained in the oranges. It is especially important if you have children in the household to give them orange juice as often and in as many forms as possible. Elderly people, too, who must often be careful what they eat, may have this delicate and delicious dessert without fear of bad results.

Fruit gelatins take only a few minutes to prepare. The proportion is usually one envelope of gelatin to one quart of liquid. Put one envelope, or one ounce, of gelatin into one-half cup of cold water to soften for about two minutes. Squeeze as many oranges as you need to make 2-1/4 cups of strained juice and add the juice of half a lemon, to intensify the flavor. Put one cup of water on to heat with three-fourths of a cup of sugar or less, depending on the acidity of the fruit. When the sirup is boiling, take it from the stove and put the moistened gelatin into it. Stir until the gelatin is entirely dissolved, then mix with the orange and lemon juice.

In this way, the orange juice is not cooked at all. Strain and pour into a large mold, or into individual molds if you like. You do not need any sauce with this orange gelatin, but a soft custard would be good with it, or plain or whipped cream.

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QUESTIONS WOMEN ARE ASKING

Question. What are the important points to look for in selecting a pressure canner for home use?

Answer. A pressure canner should be strongly built and the top should clamp on tightly so that there is no leakage of steam when it is closed. There must be an air outlet with a pet cock and the top should be equipped with a pressure gauge, a thermometer, and a safety valve. Since the temperature is a measure of the pressure, it is ordinarily assumed that one can be interpreted in terms of the other. The pressure gauge, however, does not always indicate the actual temperature within the canner, and it is better to have both a gauge and a thermometer, for one then serves to check the accuracy of the other. In size, a pressure canner should be suited to the kind of containers and the probable number to be handled at one time. In case the canner must be lifted on and off the stove during canning, it is also important that it should not be too heavy. Dual purpose pressure cookers are available which may be used the year round to advantage in the preparation of certain foods as well as in the summer canning season.

Question. What are some of the foods which can be cooked to advantage in the pressure cooker?

Answer. Cereals, dried beans, tough cuts of meat, and old fowls can be prepared in the pressure cooker in a much shorter time than is required when they are cooked directly over the fire.

Question. Has soft custard any advantages over cream as a pudding sauce?

Answer. Soft custard, for which the proportions are a pint of milk, the yolks of three eggs, 1/4 cup sugar, 1/8 teaspoon salt, and any desired flavoring, is very much like ordinary cream in composition except in the matter or iron. Of that important element a given amount of custard contains three or four times as much iron as the same amount of cream. It is to be recommended, therefore, for those who specially need iron. Children who get most of their protein from milk are likely to be more in need of iron than of calcium. Adults, on the other hand, who get most of their protein from meat are likely to need calcium more than iron. In general, therefore, the soft custard is better for children and cream just as good or better for grown-ups. Since cream differs in price very little with the season, the economy involved in using soft custard depends chiefly on the price of eggs.

Question. What is it in oranges that makes them especially valuable food for children?

Answer. Oranges are a rich source of vitamins and minerals. Children need a constant and abundant supply of these things in their food to help them grow and develop normally. Oranges also have the advantage that they can be given between meals without spoiling the appetite for other foods at the regular meal times. In fact they seem to sharpen rather than dull the appetite.

Question. Why is cod-liver oil recommended for children?

Answer. A child needs food that supplies proteins and minerals for building body tissues, calories for energy, and certain other factors, not yet identified, which are essential for normal growth. One of these is connected with proper bone development and, because it serves to prevent rickets, is often called the antirachitic factor. Cod-liver oil is an excellent source of this antirachitic factor, and

when given to children it helps them to grow strong normal bones. Direct sunlight also aids bone growth in somewhat the same way. For children who can not be out of doors in the sunshine a great deal, cod-liver oil is particularly valuable.

Question. What are the so-called protective foods?

Answer. Rickets, scurvy, beriberi, and eye infection are caused by the lack of certain vitamins in the diet for extended periods. These are therefore called deficiency diseases. The way to prevent and sometimes cure them is to eat regularly an abundance of foods, such as fresh milk, fruits, vegetables, eggs, liver and other edible organs of meat animals, which are rich in vitamins. These are sometimes called "protective foods" because they help to furnish protection against the deficiency diseases and keep the body in a normal, healthy condition. These diseases are not the only bad effects from a shortage of vitamins. Many lesser body ills are traceable to such deficiency in the diet.

Question. Is it desirable for the homemaker to can beets, carrots, and other root vegetables that have been frozen in order to save them from spoilage?

Answer. No. Only sound fresh vegetables in prime condition are suitable to can. Beets and carrots especially should be canned only when young and tender. Freezing injures the texture and flavor of these vegetables and the canned product would not be good enough to pay for the containers, supplies, and work involved in home canning.

Question. Is it true that oily cloths used in polishing floors and woodwork are a serious fire risk?

Answer. Yes. Cloths moistened with linseed oil are especially liable to spontaneous combustion, and serious fires have resulted from this cause. They should be either destroyed immediately after use or kept in a tightly covered fire-proof container.

Question. What is the best material for the kitchen floor?

Answer. The ideal kitchen floor is durable, comfortable to walk and stand on, smooth but not slippery, easy to clean, not injured by grease and water, and attractive in color and appearance. The wooden floor finished with oil or paint or covered with a good quality of plain or inlaid linoleum meets many of these requirements.

Question. What is the right height for the kitchen sink?

Answer. The right height for the kitchen sink depends on the height, length of arm, and general build of the person who is to use it. Any homemaker can test this out easily for herself by placing the dishpan at various heights until she finds the most comfortable one. Most kitchen sinks are set too low. Thirty-six inches from the rim to the floor is often given as a good average height for the sink.

Question. What can I do to make the children's shoes wear longer?

Answer. Buy strong shoes with heavy soles. Keep well repaired and grease about once a month, oftener in wet weather, with a mixture of neatsfoot or fish oil and tallow.

Publication available: "The Care of Leather"

Question. What is the chief source of failure in the home making of vinegar?

Answer. A failure to appreciate the fact that all vinegar is the result of two fermentations, first, that by yeasts, and second, that by acetic bacteria, and that the yeast fermentation should be practically completed before the acetic begins. This can be greatly aided by adding a yeast culture to the fresh juice. In the absence of a special yeast culture, the ordinary compressed yeast serves a good purpose.

Question. How should horse radish be prepared for table use?

Answer. Grate up good sound roots and at once pack into bottles. Cover with a small quantity of spirit or distilled vinegar and seal tightly. The pungency of horse radish is due to a volatile principle which escapes very readily, especially when exposed to the air. Under the most favorable conditions grated horse radish cannot be expected to retain its pungency for more than a few weeks.

Question. How are oranges and grapefruit artificially colored?

Answer. A few varieties become mature, as judged by the percentage of sugar and acid, while still partially green. Such mature fruits may be placed in a tight room and exposed to the gas of imcomplete combustion from oil stoves or gas engines. Cylinders of Ethylene gas are also used for this purpose. Two or three days treatment is usually sufficient to develop the desired color. U. S. D. A. Bulletin No. 1159 on coloring Satsuma oranges in Alabama describes the methods used.

Question. How may pussy willows be obtained early?

Answer. Twigs of pussy willows may be cut now and be placed in water in a cool room, later in a living room at ordinary temperatures and the flowering catkins or pussies will open. Twigs of other spring flowering shrubs may be treated in the same manner, golden bell or Forsythia and fragrant bush honeysuckle being especially responsive, while spireas and other shrubs produce their flowers more slowly.

RADIO SERVICE
Housekeepers' Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

MAR 30 1926
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WHAT TO HAVE FOR DINNER

Here's another Lenten dinner, easy to prepare and made up of materials you can get anywhere at this time of year. Begin it with a vegetable soup made from vegetable stock and any combination of vegetables you can get easily. Such vegetables as onion, celery, green pepper, cabbage, carrot, turnip, tomato, potato, parsley, and many others, in amounts that suit your taste, may be used. Each should be cut up in fine pieces and browned in a little butter before being cooked in water. Start with the one that takes the longest to cook. You can make your soup especially rich if you boil your potatoes, cut up in small pieces, for about ten minutes, and then use the water in which they were cooked for cooking the other vegetables. A little barley, rice, vermicelli, or tapioca cooked with the vegetables will add food material and flavor, as will a few legumes of any kind - beans, peas, or lentils. Some of these require much longer cooking than fresh vegetables, so if you intend to use them cook them separately and add them to the soup.

Salmon loaf is the main dish of our dinner. It is made from canned salmon, which can be bought anywhere and is not expensive. Get a pound can of a good grade salmon with flaky meat and few bones. The recipe for it will be given a little later. You will need milk, bread crumbs, and two eggs as well as the fish, and it will take about half an hour to cook.

Creamed potatoes and buttered carrots will be excellent with the salmon loaf. Most housekeepers believe they know how to cook potatoes and carrots without instruction but a hint or two may not be amiss. If you want an extra good flavor in your creamed potatoes, do not make a white sauce and mix them with it. Instead,

cook diced potatoes until just done, without being mushy, drain them, and sprinkle them while still hot with flour. Use a rather flat saucepan so that the potatoes may spread out. Use as much flour as you could put in your white sauce - about 2 tablespoons for two cups of potatoes. Put the milk in the pan with the potatoes and dot the top with 2 tablespoons of butter, cut in small pieces. Season and set on an asbestos mat over a low flame to thicken without stirring. As you are using the oven, you may put the pan in it with the gas turned low. Scrape the carrots and slice crosswise very, very thin. Use a vegetable slicer if you have one. Cook in a covered pan in a small amount of salted boiling water until tender, which will be in about 10 minutes or less. Drain them and season with butter or cream, salt and pepper, putting them back in the stove for a few moments to allow the butter to reach every slice. Prepared in this way, they will appeal to many who ordinarily protest that they "never eat carrots."

"Carrots will make you beautiful" is what children used to be told to get the carrots eaten. That was before people knew how to prepare them in such ways as this. Indirectly, however, this "beauty idea" is true, both for adults and children, for they are an excellent source of mineral matter which is used in regulating the body processes and building tissues. They contain an excess of the elements necessary to maintain the normal neutrality of the blood and tissues, and are especially rich in calcium, which is essential in the building of bone structure. The average American dietary has a scant margin of safety in respect to calcium. Carrots cooked in milk are a calcium-rich combination especially adapted to the needs of growing children. But the most notable point about the carrot is the fact that it is a good source of at least three vitamins, - A, B, and C. Carrots cut fine and cooked, by the short process just described retain their valuable vitamins best.

As a second vegetable, or by way of a salad course, you might have <u>hot slaw with egg dressing</u>. Cabbage must necessarily be used frequently at this season, for

it is one of the few available green-leaf vegetables, and by serving it in many different guises it may be made to seem different. If you can get red cabbage, you might use that.

Stewed apricots make an easy dessert. They must be soaked several hours, then cooked in water enough to cover, until they are soft. This does not take long. Sugar is not added until the apricots are almost done, as they scorch easily when the sugar forms a rich sirup with the water in which they are cooked.

The entire menu is as follows:

Vegetable soup

Salmon loaf, creamed potatoes, quick-cooked carrots

Hot slaw with egg dressing

Stewed apricots.

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TODAY'S BEST RECIPES

(Read very slowly or repeat.)

Ready with your notebooks and pencils now. Here are today's best recipes:

First, salmon loaf. Get a pound can of good grade salmon with flaky meat and few small bones. Prepare it by draining off the oil, unless you like its flavor, and picking out all bones and pieces of skin. Break the meat up into fairly small pieces with a fork. Add an equal quantity of soft bread crumbs taken from the center of the loaf. Then add two well-beaten eggs, salt, pepper, chopped parsley, and sufficient milk to moisten (about 1/2 cup). Place in a greased baking dish, mold into a loaf, and bake in a moderate oven until brown. Or, if you wish, you may increase the liquid to 1 cup, place in greased timbale molds, and bake surrounded by water until firm.

Next on our menu comes hot slaw with egg dressing. This is particularly acceptable to those who do not like the flavor of oil in salads. The ingredients you will

need are: 2 eggs, 4 tablespoons water or cabbage stock, 3 tablespoons vinegar, or to taste, 2 tablespoons shredded green pepper or 1 teaspoon onion juice, or 1/8 teaspoon celery seed, 1 teaspoon salt, a few specks of dry mustard, 1/2 a medium head of cabbage - about 1 quart - and 1 tablespoon sugar.

Shred the raw cabbage finely. Beat the eggs well, add the salt, sugar, mustard, and water or stock; cook in the double boiler until it coats the edge of the spoon, thickening like a soft custard. Then add the vinegar, and pour it over the cabbage while it is still very hot. Let it stand a few moments to blend the flavor of the dressing with that of the cabbage. This may be served cold as well as hot. It's worth remembering that the egg yolks used in this dressing contribute iron, fat, and other valuable constituents to the diet, and that the raw cabbage itself is one of the best foods we have as a source of vitamins, so let the family enjoy this good slaw frequently.

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QUESTIONS WOMEN ARE ASKING

Question. Do cereals for children need to be cooked several hours?

Answer. Cereals for children as well as for grown-ups need to be cooked only until the grains, or whatever form the cereal is in, are soft and palatable. Starch, which is one of the chief food materials in cereals, does not taste good unless it is thoroughly cooked. Formerly raw starch was thought to be very indigestible and that led to the idea that cereals, especially for children and persons of delicate digestion, should be cooked for long periods. Many of the package breakfast cereals now on the market have been partly or wholly precooked. All some of them need before serving is brief cooking in the double boiler.

Question. What is a general rule for substituting sour milk and soda for sweet milk and baking powder, or vice versa, in making quick breads, cakes, and cookies?

Answer. When proportions are given in terms of sweet milk and baking powder,

an equal quantity of sour milk may be substituted and enough soda used approximately to neutralize the acid, or a scant half teaspoon for each cup of sour milk. In the case of thin batters the soda and sour milk generally furnish enough leavening, but for thick batters or doughs baking powder is usually needed in addition.

When sweet milk is to be used in place of sour, baking powder is substituted for all of the soda in the proportion of 4 teaspoons of baking powder for 1 teaspoon of soda if no other acid ingredient such as molasses is used. If such an acid ingredient is used, as in gingerbread, some soda is required.

Question. To what good uses can left-over egg yolks be put?

Answer. The egg yolk contains a larger percentage of iron than almost any other food. For this reason it is invaluable in the diet of children who get plenty of calcium from milk but are not likely to get enough iron. Egg yolks can be cooked hard without the addition of any fat, for they themselves contain a large amount of fat. This cooking can be satisfactorily done in a double boiler. Hard-cooked egg yolks mashed and seasoned make a very good filling for sandwiches. Egg yolks, raw or hard cooked, make good salad dressings. Chopped beef mixed with raw egg yolks contains a higher proportion of iron than almost any other meat dish. It can be broiled in cakes or baked in a roll. It has a very delicate flavor and is therefore recommended for the sick. Hollandaise sauce which consists chiefly of egg yolks and butter is good to serve with fish and is particularly appropriate for this purpose since most kinds of fish contain less iron than meat and far less fat. The proportions usually given for Hollandaise sauce are rather alarming for the economical housekeeper because of the large amount of butter called for. For every day purposes a simpler sauce made out of 4 yolks, 2 teaspoons of lemon juice, 1/2 cup of water, with salt and cayenne pepper to taste will do. The ingredients should be combined in the top of a double boiler and cooked with great care over hot water.

It is necessary to beat the mixture even after it is taken from the hot water to prevent curdling.

Question. What is a salad?

Answer. Literally the word "salad" means something salted. If this definition is accepted, a stalk of celery or a radish is really a salad. Common usage, however, applies the term salad to any dish that consists chiefly of or includes a certain amount of some fresh crisp vegetable. Some salads contain also meat; others fish, cheese, eggs, fruit, or nuts. In the opinion of experts on nutrition, it is the green leaf that gives to salads their peculiar value, for it supplies a kind of vitamin that is found in few other foods. Busy housekeepers will do well to remember this fact. The elaborate salads may taste good but their special value lies in the green leaves which they contain.

Question. What advantages, if any, are there in the use of pectin in making jellies?

Answer. Pectin, sugar, and acid in the right proportions are necessary in making jelly. Adding pectin to the fruit juice may be helpful for several reasons. Delicious jelly can thus be made from the juice of peaches, cherries, strawberries, and other fruits that do not naturally contain enough pectin. Also the housekeeper can be more sure of success and of a jelly of just the right texture. Color and flavor, too, can cometimes be improved because the juice need not be boiled so long in order to reach the proper degree of concentration. The process is, therefore, shortened and the housekeeper relieved from some of the hottest and most tedious part of jelly making by the right use of pectin extracts.

Pectin extracts should, however, be used only in relatively small quantities with rich full-flavored fruit juices to supply the lack of natural pectin. When

pectin is added to watered juices to conceal their poor quality the jelly has low food value and flavor.

Question. Can the pectin in citrus fruit peel be extracted at home for use in jelly making?

Answer. Yes. Pectin can be extracted from the fresh or the dried peel of citrus fruit. Thick-skinned oranges and lemons are best for this purpose. Since the citrus pectin extracts develop a somewhat strong flavor on standing, it may be best to collect the peel now while citrus fruits are plentiful and wait to make the extract until just before the jelly making season. Send to the Department of Agriculture for Circular 254, which gives full directions for making these pectin extracts at home.

Question. Can tarnish be removed from silver without rubbing?

Answer. Yes. Tarnish on silver can be removed by the electrolytic method. Various commercial devices for this which can be bought for use at home, or it can be done in the following way: Fill an enameled or agateware kettle partly full of water in which has been dissolved 1 teaspoon of either washing soda or baking soda and 1 teaspoon salt to each quart of water, heat this solution to the boiling point, put in strips of aluminum or bright zinc, add the tarnished silver, and boil it. The silver must be covered completely by the water and each piece must be in contact with the aluminum or zinc, either directly or through other silver. When the tarnish has disappeared, the silver should be removed from the kettle, washed, and dried with a clean, soft cloth.

Question. My waxed floors look grimy. How shall I clean them?

Answer. Remove the film of dirt and wax, which darkens the floor, with a cloth wrung out of warm soapy water, or better still a cloth moistened with turpentine or

gasoline. Remember though that turpentine and gasoline are very inflammable and do not use them in a room with an open fire or a lighted lamp or candle. After the dirty coating has been removed, but be sure it is all removed and that the floor is clean and dry, apply a little more wax, and rub it in well with a woolen cloth or a weighted brush. Be careful, however, not to apply too much wax.

Question. What is the hard deposit in tea kettles? How can it be removed?

Answer. It consists of calcium sulphate, commonly called gypsum, carbonate of calcium and magnesium, known as dolomitic limestone or a mixture of these two substances together with small amounts of silica and oxides of iron and alumina.

If the deposit is not too heavy, it can be removed with a hot solution of vinegar or commercial muriatic acid, one part of which has been diluted with 5 parts of water. The acid solution should be handled carefully as it is corrosive. Frequent applications will keep the kettle free from deposits. If the deposit is allowed to become thick and hard, there is no practical method of removing it.

Question. What is the red sediment which deposits in some well waters? Is it harmful?

Answer. It consists of oxide of iron which was held in solution by carbon dioxide in the form of ferrous bicarbonate. When the water is boiled or allowed to stand, the carbon dioxide escapes in the form of a gas and the iron oxide, commonly called iron rust, is precipitated. It gives the water an unpalatable appearance but is not harmful.

Publication available: "Farmstead Water Supply"

Question: Is Sodium fluoride, which is used extensively about households and other places for the destruction of roaches and on chickens to kill lice, poisonous to human beings?

Answer. Sodium fluoride and preparations containing sodium fluroide, while not

as dangerous as arsenic, are poisonous to human beings when taken internally and should be handled with care. Such preparations should be kept out of the reach of children and when put out to kill insects should be distributed in such a way as to avoid all chance of contamination of food products with the material.

GETTING AHEAD WITH THE SPRING SEWING

Underwear for the Children

At this time of the year mothers are busy planning and making children's underwear for the summer months. If one could take a peek into the homes where this work is being done, many methods of cutting expenses and other helpful ideas could be obtained.

Because the children are constantly growing and need new and larger underwear every spring the cost item is comparatively large unless one does very careful planning. It is not always necessary to buy new materials. For the smaller child, it is often possible to use the large portions of father's worn-out shirts for petticoats and panties and very often little dresses may be made from them. If, because of fashion, the mother feels she must discard her old petticoats before they are worn out these may be used very successfully for making slips, petticoats and bloomers for the children. It will be found that the full skirts of the past will make several pieces of children's underwear for the present.

If the tops of last year's slips are worn out, new and larger tops of a substantial material may be added for the coming season. Out-grown dresses of last year may be made into underwear providing the color and texture are suitable. For example, such materials as linen, chambray, broadcloth and other fabrics in solid colors may be used in this way.

If it is necessary to buy new materials for the spring underwear, there are many

to be found in the stores which will wear and launder well. For the tiny little girls there are fine nainsooks, silk and cotton mixtures, dimities and some of the fine mercerized fabrics. For her older sister, sateen, mercerized cotton satins, longcloth, cambric, unbleached muslin, and poplin may prove to be very satisfactory. For the boy of almost any age sateen and dimity of a heavy quality are both very durable and cool for summer wear.

White will be found to be much more suitable than colors. The one exception to this is the bloomers that match or harmonize with the frocks or the dark blue or black sateen that is used for the little girl who is beginning to be too old to wear bloomers that match. It is desirable to have too pairs of bloomers for each dress as they usually wear out first.

Slip patterns may be made by cutting any simple dress pattern lower in the armholes and neck. In lengthening the bloomer pattern an equal amount should be added to the upper leg and the lower leg. Slash the pattern about one-fourth of the distance down from the waist line and one-fourth of the distance up from the knee. Spread apart the desired length and fasten the pieces of pattern together again with strips of paper pasted across the slash.

French or felled seams should always be used in making underwear. Then there will be no frayed edges and no seams pulled out even after many trips to the laundry. Little or no trimming should be used as it is a waste of time, money, and materials, especially for every day wear. Under garments neatly made and well laundered are always attractive and need no trimming. For more dainty pieces use a fancy stitch in white or an edging of lace or embroidery suitable to the material. For example, a fine val lace should not be used with longcloth. A more substantial edge such as imitation torchon or cluny lace would wear and look much better.

If you do not care to make under garments for the children, you must depend upon ready-mades. Unless you are close to a large city, it is often necessary to

order by mail from large department stores or reliable mail order houses. However, it is sometimes difficult to get well made underwear reasonably priced and of durable quality.

SEWING QUESTIONS

Question. How shall I determine what colors are most becoming to me?

Answer. One very effective method is to drape materials of various colors and textures about the shoulders while standing before a mirror in bright day light. If the dress is to be worn in the evening, artificial light should be used. As each color is tried, study the effect it has on the color of your eyes, your hair and your skin. If your skin tends to be sallow, you will notice that lavendars and purples make it appear more sallow and that shades of rose and reds are somewhat more becoming because some of the color is reflected in the skin. Some of the greens, especially blue greens, will bring out its complement, red, that is in the skin. Colors may also be chosen that will emphasize the beauty of the hair and the eyes.

Question. What neck line is most suitable for the round, plump face?

Answer. Variations of the V-shaped neck line will be found to be most becoming to the round face. The point may be slightly rounded or it may be made square. It is not always necessary for it to be pointed. A collar may or may not be used. The square neck is also becoming to this type of face although it is not as pleasing as the pointed neck. A round neck repeats the round line of the face making it appear more round.

Question. In choosing materials for a dress, should the texture be considered in relation to the build of the person?

Answer. Texture is a very important consideration when choosing materials for a garment. This is especially true in regard to stout figures; shiny fabrics, even though they are black seem to increase the size of the wearer. Coarsely woven, thick, or fuzzy materials increase the apparent bulk of the figure. Soft, clinging materials should be chosen for the plump person rather than those which are stiff, such as organdie and taffeta. These may be worn by the more slender, youthful figure. Color, although not a texture, is another important factor. Light and bright colors tend to increase the size while dark neutral colors decrease the apparent size of the wearer.

RADIO SERVICE
Housekeepers Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture
Release March 8, 9 or 10

Reserve

WHAT TO HAVE FOR DINNER

What shall we have for dinner? If you have not discovered the possibilities of a casserole for making a dinner both delicious and easy to prepare, now is a good time to try it. An eatheenware or glass baking dish, with a close-fitting cover, is desirable if you have one, especially if you intend to bring the casserole to the table. But if you wish to experiment first with this method of cooking and have no casserole, a heavy enamel or aluminum saucepan or even an iron pot with a tight cover can be used. In this case the contents of the pan used for baking will, of course, have to be dished on a platter, which makes an extra piece to be washed. The casserole is a dish saver.

A casserole dinner is one of the most satisfactory to serve to guests if you are both cook and hostess. It can be cooked in the morning, and reheated at dinner time for half an hour or so. In this way the housekeeper is free to finish the other details of her dinner and is spared that flustered and tired feeling that results from having too many last-minute foods on the fire. The meat or poultry cooked in a casserole, well seasoned and accompanied by the right vegetables, will be unusually fine in flavor because of the long, slow, moist cooking in the covered dish. It is also ready to serve in pieces of convenient size without carving at the table, and this is sometimes a real boon to the one who has to do the carving.

For our dinner today we shall have a chicken "en casserole," but the same combination of vegetables and the same method of preparation would be good with veal. If beef is used, tomato makes the gravy exceptionally appetizing, and may be added with other meats, but the recipe that will be given in a few minutes will be found excellent without tomato. It is unnecessary to have a tender chicken. A stewing fowl, or even a tough old rooster may be used.

If you wish a first course of soup, it would be advisable to serve a tomato bouillon which would add flavor, color, and vitamins to the menu. The casserole of chicken will be rather rich in itself, so a rich or filling soup is unnecessary. Flaky boiled rice is the perfect background for this tasty casserole chicken, and in a moment we will tell you how to cook it so that every grain is large, dry, and separate.

Have salad if you want it, but not a salad with mayonnaise dressing. Plain lettuce, or lettuce with sliced beets and a rather acid French dressing, would be better. If you like olives, you might pass them with such a salad. Or you can turn today's dessert, which is fruit cup, into a fruit salad with French dressing. Then dessert may be omitted entirely. It a very good idea for the housekeeper who desires to emancipate herself from the endless round of elaborate puddings and pies to plan occasional dinners at which dessert is entirely missing. The family soon learns to be satisfied with simple fruits or no dessert course at all, and is really better off. The needed sweets in a day's food are usually eaten without any effort being made to supply them.

What goes into the fruit cup? Almost any fruits you happen to have, or are able to get, but practically always some orange or grapefruit, or both. The mild acid of an orange brings out the flavors of other fruits. Orange, banana, and apple, in equal proportions, is a combination available at any time, anywhere. Add to this, or substitute for part of it, a slice of pineapple, some left-over canned peaches, or pears, cherries, apricots, a prune or two, dates, figs, with a few nut meats, perhaps,- one or two or any of these will make your fruit cup good. Berries in season may also be used. The fruit should be cut in small, attractive pieces, not larger than a raspberry, and they should not be stirred about even when you sweeten them, or they will look mushy and shapeless. Orange and grapefruit sections should be freed from white peel, seeds, and skin. If you have time, and wish them to look very perfect, each section may be skinned separately, but a quicker way is to cut the

fruit in half and take the pulp out with a spoon.

Do not sweeten if the fruit mixture is to be used for salad. Otherwise sprinkle lightly with sugar about an hour before dinner and set in the refrigerator to ripen and cool. Toss with a fork a little if it is necessary to mix the sugar in thoroughly.

Your menu is now complete:

Tomato bouillon

Chicken en casserole with vegetables

Boiled rice

Fruit cup or salad

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TODAY'S BEST RECIPES

(Read very slowly or repeat.)

Ready with your notebooks and pencils now. Here are today's best recipes:

The chances are that the oldest rooster will not be recognized in chicken casserole. Even the drumsticks will be tender, while the flavors of chicken and vegetables form a delicious blend. Sometimes this is called a "dinner in one dish," but you will need to have rice or potatoes, plainly cooked, to complete it.

Get a five-pound fowl or stewing chicken and cut it into pieces convenient for serving. With it you will need 3 carrots, 1 onion, 2 stalks of celery, and a green pepper. The exact quantity of vegetables will of course depend on the size of the fowl and the casserole, and the number of persons to be served. Allow plenty, however, for these are the vegetables for this dinner. If necessary use a second casserole or covered vessel for cooking part of the chicken and vegetables.

Slice or chop these vegetables into very small pieces. If you have a tin vegetable cutter you can do this quickly. Dust the pieces of chicken with flour, salt, and pepper, and brown them delicately in a small quantity of fat. As each

piece is removed from the frying pan, place it in the casserole. Then pour the chopped vegetables into the frying pan and let them absorb all the browned fat left from the chicken before placing them in the casserole. Add enough hot water to keep the mixture from sticking to the dish, place the cover in position, and cook in a slow oven for 3 to 4 hours, or until the fowl is tender. Just before serving, remove the pieces of fowl, and add to the vegetables a cup of milk which has been blended with 1-1/2 tablespoons of flour. Cook for 10 minutes, and pour this vegetable sauce over the chicken, or replace the chicken in it and serve from the casserole.

Veal may be used similarly. All skin and connecting tissue should be trimmed away, and before frying, each piece should be seasoned and sprinkled on both sides with a few drops of lemon and Worcestershire sauce. The other ingredients used with the chicken will be good with veal, too.

A great many people do not know how to cook rice properly, - in fact, they have never tasted properly cooked rice, or they would not tolerate the pasty mass that is often put on the table. There are two general ways of cooking rice so as to have the grains large, dry and distinct from each other. By one method, all the water used is absorbed by the rice; by the other, the rice is boiled in a large quantity of water which is drained off when the grains are tender. The latter method is easier because the rice requires less watching.

First, wash the rice thoroughly to remove all loose starch. A good rule is to wash rice through several waters or in a stream from the faucet until the water runs clear. Have ready a large kettle of boiling water, lightly salted. Four or five quarts of water to one cup of rice, is the best proportion for flaky boiled rice. Drop the rice in slowly and allow it to boil rapidly for 20 to 30 minutes or until the grains are soft to the center when pressed between the thumb and forefinger. If it tends to stick, lift it from time to time with a fork but do not stir the rice.

That will break the grains and make the cooked rice pasty. As soon as it passes this test, take it off immediately and drain it in a colander. Cover the colander with a cloth and set it in the oven. Or if the oven is not hot, set the colander over a saucepan of hot water on the back of the stove and cover the colander with a cloth. This gives the rice grains a chance to dry off and swell to their utmost.

If you have no suitable kettle that holds 4 or 5 quarts of water, you can cook one cup of rice successfully in 2 quarts. Watch it carefully, and when you turn the cooked rice into the colander to drain pour hot water through it to wash off the surplus starch that sticks to the grains. Then cover the colander and let the rice dry off and swell as already described.

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QUESTIONS WOMEN ARE ASKING

Question. Why are coddled eggs good for children, and how should they be prepared?

Answer. Eggs contain protein of a particularly valuable kind for building the bodies of children as well as chicks. The chick gradually absorbs the almost pure protein of the egg white as he develops within the shell. Children, however, make the best use of egg protein when it is slightly cooked. Protein is very sensitive to heat. If cooked rapidly at high temperature it becomes tough and hard. Even if an egg is soft boiled, that is, cooked in boiling water for 3 minutes, the white nearest the shell becomes hard while the rest of it remains "runny" and the yolk is practically raw. The coddled egg which is dropped into a vessel of water just under the boiling point, covered, and removed immediately from the heat and allowed to cook slowly for about 8 minutes, has a tender, jelly-like white and a soft but sufficiently cooked yolk. Scientists who have studied this question, however, found that not only are eggs more appetizing when cooked slowly in this way but they are actually more readily and completely digested.

Question. Can you suggest ways in which I can get my six-year-old daughter to take the milk I am sure she needs?

Answer. Get some drug store "straws" and let her sip her milk through one of these occasionally. Make a milkshake once in a while with fruit juice or cocoa as the flavoring. Also try milk-vegetable soups. So many kinds of vegetables can be used in this way that you can get many different flavors. Cook her cereal in milk instead of water. Milk toast and a simple milk-cereal pudding vary the monotony also. Make junket now and then with a flavoring she likes or serve it with crushed fresh or canned fruit. Custards, soft, baked, or boiled, are another good way. Try all these methods of hiding the milk but do not overwork any one until the novelty wears off.

Question. What foods can I include in my daily meals to supply iodine?

Answer. Fish, particularly from salt water, oysters, clams, and other sea foods are among the best known sources of iodine among the common foods. In regions where a regular supply of sea foods is not readily available, iodine is being given in chocolate-flavored tablets and iodized table salt.

Question. What is the best method of preserving sauerkraut when made in small quantities in the home?

Answer. As soon as the kraut is fully fermented, pack in mason jars and cover either with the kraut brine, or if this is not possible, with a fresh brine made by adding one ounce of salt to a quart of water. Heat in a water bath until the center of the jar shows a temperature of about 160°F., then seal tightly. If stored in a cool place sauerkraut can by this method be preserved in good condition for a year or more.

Question. What is insect powder, - the powder obtained usually from drug stores for use about households for destroying flies, mosquitoes and some other insects?

Answer. Insect powder, sometimes called pyrethrum powder, consists of the finely powdered, dried flower heads of certain species of chrysanthemum. These flowers are grown to a small extent in California but the bulk of our supply is imported from Japan and certain European countries bordering on the Mediterranean sea. During recent years, from one to three million dollars worth of these dried flowers have been imported annually to be ground into insect powder or used in some other way as an insecticide. These flowers are very similar in appearance to our common field daisy or oxeyedaisy, which is also a species of chrysanthemum. The latter has no insecticidal action, however, but owing to its similarity in appearance and to its abundance and cheapness the oxeye daisy flowers have been quite extensively used in the past as an adulterant of insect powder. Owing to the activities of the Department of Agriculture this form of adulteration of insect powder has been practically entirely stopped.

Question. The burners on my gas stove are clogged, how shall I clean them?

Answer. Take the burners out of their sockets and brush off all loose dirt. Then place them in a large kettle or pan that will not be injured by washing soda. Boil them for about half an hour in a mixture of 1/2 pound of washing soda added to each gallon of water. Rinse and brush the burners, wipe them with paper or cotton waste, fit them into the stove, and dry them thoroughly by lighting the gas.

Question. What is the best way to clean windows and glass?

Answer. Either liquid or dry cleaners may be used. The most common liquid cleaners are clear water, or water to which washing soda, borax, ammonia, kerosene,

or alcohol has been added. The best general method is to dip a cloth in the liquid and wring it as dry as possible; then, to wash the glass with this cloth, using even, overlapping strokes and dry it by rubbing briskly with paper, chamois, or cloth which has no lint. If the liquid dries without rubbing, the window will be streaked. On large windows a quick method is to use water freely and wipe it off with a rubber "squeegee" drawn smoothly and evenly across the pane with overlapping strokes. Special care must be taken to protect the woodwork from water.

For dry cleaning, whiting or a commercial powder of the same fineness is used. The powder is made into a paste with water or alcohol, applied thinly to the glass, allowed to dry thoroughly, and then rubbed off with a soft cloth or paper. This is an easy method of obtaining clear windows and is especially good to use in winter. It is also a good way of cleaning mirrors, picture glass, and the like, which might be injured by water. It is, however, a dusty process and should be used before cleaning a room.

RADIO SERVICE
Housekeepers Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

Release March 11, 12 & 13

WHAT TO HAVE FOR DINNER

What shall we have for dinner? Here's a menu that is entirely different from the routine meals you have been serving and meatless out of respect to Lenten customs. The main dish is a delicate cheese souffle, which is a delicious combination of cheese and eggs, bread crumbs and milk, sufficiently hearty to take the place of meat and potatoes once in a while. At this season of the year the hens are beginning to work up toward their peak of egg production and prices are dropping in most markets. Souffles, omelets, and other dishes that take lots of eggs can therefore be served more often. Some homemakers have the idea that souffles are difficult to make and that only a French chef can turn out a perfect one. But as a matter of fact a souffle is quite simple to make at all if one understands two or three points that apply to almost all egg cookery. Cooking slowly and thoroughly in moderate heat is one of the chief points. The recipe which will be given in a few minutes will tell you just how to do it. You will have no difficulty in securing good American cheese for your souffle whether you live in the city or the country.

A souffle must be served as soon as it is taken from the oven, therefore plan to serve dinner the moment it is ready. Other items on our dinner menu are: Fried parsnips and stewed canned tomatoes, both good winter vegetables. Plain lettuce salad may be added if you wish. The tomatoes will merely need heating and seasoning with butter, salt, and pepper. Some people like a little sugar with tomatoes. Others prefer a few drops of onion juice, or some celery salt, Worcestershire sauce, or other pungent flavor in very minute amounts. The art of skillful seasoning is one that is acquired by patient experimenting, and once mastered it makes all the

difference in the world between flat insipid meals and tasty dinners that every one enjoys. For example, if you have learned how to use garlic, as the French use it, you might drop a single clove or section of garlic into your stewed tomatoes for 5 minutes before they are taken from the fire, then remove it; or if you want still less garlic flavor, but just a trace, cut the garlic clove and rub it around the dish in which the tomatoes are served. Another good flavor with tomatoes is bay leaf; cook two bay leaves with them for a few minutes and then remove. Be sure that your tomatoes are hot and ready to serve when the cheese souffle is done.

Your parsnips must be boiled first and then browned. Scrub them clean, drop into boiling, lightly salted water, and cook for from 15 to 30 minutes, or until tender. Drain them, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until they are a delicate golden brown. Or if you prefer, mash the parsnips after the cores have been removed, season, and form into patties or balls before frying. Time the frying so that all the parsnips will be done in time to drain on brown paper for a few minutes before the souffle is ready. Keep hot until wanted.

Because of the bread in the souffle and the sugar in the parsnips, as well as the fact that our dessert is to be baked bananas, which are high in starch and sugar, you will need little or no other "energy" food with this dinner. Graham or whole wheat bread or rolls would be enjoyed. Include a plain lettuce salad or raw celery if you wish. Let's check over the complete menu:

Cheese souffle

Stewed tomatoes, browned parsnips,

Lettuce if desired

Baked bananas,

TODAY'S BEST RECIPES

(Read very slowly or repeat.)

Have you a pencil and notebook ready? We'll tell you now how to make a successful cheese souffle. Some of you, perhaps, will call it a "cheese puff" or a "cheese fondue;" the name, of course, doesn't matter especially.

You will need 1 pint of milk, 1-3/4 cups of bread crumbs, 3 or 4 eggs, 1/2 pound of American cheese, 3/4 teaspoon of salt. Put the bread crumbs and the milk together in the double boiler, heat them to the scalding point. Grate the cheese or shave it into thin, small pieces and stir it into the hot milk and bread crumbs, but do not let it cook. Add the salt. Take this mixture from the heat and while it is cooling, beat the yolks and whites of the eggs separately, and butter a baking dish. The souffle will cook best in a good-sized earthenware or glass baking dish 3 or more inches deep. After the bread, milk, and cheese mixture has cooled, stir in the beaten egg yolks and fold in the whites. The air beaten into the egg whites is what makes the souffle fluffy, so mix them in with the careful folding motion. Pour the mixture at once into the buttered baking dish and bake in a moderate oven for 35 to 45 minutes. Long, slow cooking is one of the secrets of making a perfect souffle. The moderate heat makes the air bubbles in the egg whites expand until the mixture is light and cooks it thoroughly so that even when a spoon is put into it for serving it does not collapse like a pricked balloon. That is what happens to a souffle, or omelet, or other similar egg dish that has been cooked too rapidly at too high a temperature. Souffles are not hard to make if one remembers this important point.

You will probably want to put the bananas into the oven about the time you take the souffle out. They will need to bake about 20 minutes, and so will be done by the time the first course is served, eaten, and removed from the table.

To be on the safe side, start them five minutes before dinner is served. Select firm ripe bananas, skin them and scrape off the stringy fibers. Split the bananas lengthwise, and lay them split-side up in a pie plate preferably of earthenware, glass, or enamelware. Add sugar and lemon juice, dot with butter, and pour enough water into the dish to help form a sirup and keep the bananas from sticking. Bake in moderate oven for about twenty minutes, or until the fruit is tender and delicately browned. Serve the bananas hot with or without sauce.

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QUESTIONS WOMEN ARE ASKING.

Question. Are tomatoes rich in vitamins?

Answer. Yes. Tomatoes fresh, raw, or canned are a good source of vitamins A, B, and C. This is the reason that child specialists often recommend that young children and sometimes babies be given tomato juice. It is a good plan also for the homemaker to include tomatoes in one form or another often in the family menu.

Question. What food substances does cheese contain besides protein?

Answer. Cheese is one of the richest of all our common foods in calcium. Many Americans do not get enough calcium in their foods to furnish their bodies with the quantity of this mineral needed for building and repairing teeth and bones. Cheese made from whole milk also contains a considerable quantity of fat. Because of this fat and the fact that the protein of cheese is of the same efficient kind as that in meat, a cheese combination is excellent to use occasionally as the main dish at dinner or supper.

Question. How are dandelion greens prepared?

Answer. The time to gather dandelion leaves is very early in the season. when they are young, tender, and least bitter. The crown, roots, and large outer leaves are discarded. Many methods of preparation have been tried to modify the

bitter flavor of dandelion greens. The method of long boiling in several waters is undesirable, since most of the valuable food matter in the greens is then thrown away. A better method is to combine the dandelion greens with other vegetables or flavors which modify the bitterness, and at the same time, to avoid overcooking. Raw dandelion leaves or those cooked without water are less bitter than those that have been boiled. Vinegar or acid dressings help, and so do foods of strong flavor, such as celery and some meats. Crisp salt pork or bacon is frequently served with dandelion greens for this reason. Blends of dandelion and other greens are better than the dandelion alone.

Question. What is lye hominy?

Answer. Lye hominy, or hulled corn, is a special preparation made by soaking the whole grain in water that contains lye, or sometimes merely a bag of wood ashes, until the hulls are loosened or softened, then washing the hulled grains in clear water and boiling. Lye hominy may be made at home or it may be bought either in bulk or canned. It has a distinctive flavor which many enjoy and is used in the same ways as other coarse hominy.

Question. Do you put water in the pan when roasting meat, or is it better not to?

Answer. Roasts from the so-called tender cuts are better if cooked without water. The best results are obtained by placing the roast in a pan, with the fat side up. In case there is not very much fat, get an extra piece of suet and skewer it to the top. The fat tries out as the meat cooks, and bastes the roast by running down the sides. Place the meat in a very hot oven (480°F.) until seared on the outside. This takes 15 minutes or a little longer. Reduce the heat to a slow oven and cook until done. The best way to determine when done is by a

thermometer inserted in the center of the roast. This will register 140°F. for a rare roast, 158°F. for a medium, and 176°F. for a well done.

Question. We usually buy about a 4 pound leg of lamb. I notice that my butcher is offering the heavier ones cheaper. Are they as good?

Answer. Yes. The lighter legs are higher priced because a great many people like yourself, are accustomed to buying that size. You can cut a few excellent chops from the tops of these heavier legs of lamb, which will cost less than regular chops, and still have a fair sized leg left for roasting. Detailed information on the use of the various cuts of lamb and mutton are contained in Farmers' Bulletin 1172.

Question. Can you tell me a good way to prepare breast of lamb? It is one of the less expensive cuts that I should like to serve occasionally if I knew how to make it appetizing.

Answer. Braised breast of lamb with spinach stuffing is a most appetizing dish and easy to prepare. The Bureau of Home Economics of the United States Department of Agriculture will be glad to send you the recipe.

Question. How can I remove a scorch stain from a cotton fabric?

Answer. A simple remedy is to moisten the stain with water and place in the sun. For more serious cases the following procedure may be used:- Moisten a piece of cotton cloth in hydrogen peroxide and place over the stain. Cover with a dry cloth. Iron with a medium hot iron. If the hydrogen peroxide soaks through the dry cloth, replace with another cloth. Be very careful to see that the hydrogen perioxide does not come in contact with the iron as it will rust the iron very rapidly. Brown stains will then be left on any garment which the iron touches. For

the same reason, do not iron the fabric from which the stain has been removed until the hydrogen peroxide has been well rinsed from it. This method must be used carefully on colored fabrics because the dyes may be bleached out. However, it can be used successfully on any kind of white fabric.

Question. What is artificial wool?

Answer. This name has been applied by some persons to a new artificial fiber which recently has been made from the waste fibers obtained in the manufacture of artificial silk. Fabrics made from it seem to have some of the properties of wool materials but they have not been studied extensively as yet and little is known concerning their real value.

Question. Is there any method of testing the wearing quality of a fabric?

Answer. A number of laboratory instruments have been devised which measure the resistance of a fabric to rubbing similar to that which it receives in actual wear. None of these have been entirely satisfactory and no one of them has yet been accepted as a standard instrument in the textile laboratories of the country.

Question. What is the easiest method of cleaning pillows at home?

Answer. Transfer the feathers to a larger cotton bag by sewing the edges of its opening to the edges of the opening of the tick. Shake the feathers from one to the other. Sew up the opening and wash in lukewarm water using a neutral soap. Rinse well. Press as much of the water out as possible and place on a cloth in the sun. Turn often and beat up the pillow from time to time. Wash the tick separately and starch it on the inside with a stiff starch mixture, applied with a sponge. Transfer the feathers again when they become dry.

RADIO SERVICE
Housekeepers' Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

Release March 15, 16 or 17

WHAT TO HAVE FOR DINNER

What shall we have for dinner? If every dinner could be equally easy to prepare, tasty, different from the last one, inexpensive, and popular with the family, we housekeepers would cease asking ourselves this eternal question. Here's a menu that fulfils most of these requirements perfectly, especially with regard to the meat dish. Meat loaf or roll is one of the most economical meat dishes you can serve. Some of the cheaper cuts can be used in making it and every bit that is not eaten hot is useful for serving cold in slices or for sandwish filling. Any lean meat may be used if gristle and skin are trimmed off. From 1/4 to 1/5 as much pork as beef is a good proportion. Too much pork makes an overrich, greasy loaf. Many homemakers prefer to have a fresh piece of meat cut off and put through the grinder under their direction, or some like to take it home and grind it themselves. A very good loaf may often be made at considerable saving per pound from the trimmings the butcher accumulates from the more expensive cuts. If the pork is not added to the beef a small amount of fresh suet should be put through the chopper with the meat.

So many different seasonings may be used in a meat loaf that it is difficult to give an exact recipe. Unless the family objects to the flavor, chopped or grated onion should be added to the meat. Thick cream sauce or brown gravy or eggs will be needed as a binder. Fine dry bread crumbs, or cracker meal also will help to hold it together. The flavor is greatly improved by combining canned tomatoes with the meat mixture or serving them in a sauce over the loaf. The quantities of meat and other ingredients to use will be given under to-day's recipes.

Coarse hominy, or samp, or pearl hominy, as it is variously called, is much like the hominy or cracked corn the pioneers used. The grain is split to remove the germ and is then hulled and polished by machinery. Although this kind of hominy requires much longer cooking than grits, it is very fine in flavor and much liked as a change. "Lye hominy" which is similar, is often made at home in the country by boiling the grain in lye or potash until the germ will come out and then washing out the lye. In many places it may be bought already cooked and it may then be kept in the refrigerator for a day or two and reheated as wanted. It is also sold in canned form. The dry, coarse hominy or samp must be soaked overnight and then cooked over a slow fire for 4 or 5 hours, or in a fireless cooker for 10 or 12 hours.

A green vegetable is needed of course with every dinner and perhaps you have not had kale lately. It is available almost everywhere in the early spring. Here is a way to cook it that preserves all the available minerals and vitamins: Melt butter in a heavy skillet, allowing about 2 tablespoons to a quart of minced kale. Drop in the kale, cover the skillet immediately, and cook with very moderate heat until the juices are drawn from the kale. Stir occasionally and cook in the covered skillet for 20 to 30 minutes. When the kale is tender add just enough top milk or cream to moisten, salt lightly, allow it to heat thoroughly, and serve at once. Kale cooked in this way is delicate in flavor, fresh green in color, and very different from the strong-flavored, dark green boiled kale often served.

For dessert depend once more on your pantry store of home-canned fruit, such as cherries or peaches. Or if you are using commercially canned goods you will find pineapple a pleasant flavor with which to conclude your meal. Plain sponge cake may be used with any fruit you decide to serve. Now that eggs are becoming more plentiful you can afford to give the family the kind of cakes that require lots of eggs. A good recipe will be given in a few minutes.

The menu in full is as follows:

Meat loaf

Coarse hominy or samp, panned kale

Canned cherries, peaches, or pineapple with sponge cake.

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TODAY'S BEST RECIPES

(Read very slowly or repeat)

Ready with your notebooks and pencils now. Here are today's best recipes:

Meat loaf: 2 pounds of ground beef; 1/2 pound of ground pork; 1 onion, grated; 1 cup of thick cream sauce or gravy, or 2 eggs; 1 cup dry bread crumbs, or cracker meal; 1 to 2 cups canned tomato; salt and pepper to taste; dried celery tops, or other seasonings if desired. Mix all these ingredients together thoroughly. Shape the mixture into a loaf, laying a strip or two of salt pork or small pieces of suet on the top, and place it in a heavy baking pan. Cook in the oven for 1/2 to 3/4 of an hour. Have the oven hot at first but reduce the temperature toward the end. If the sauce or gravy is used as the binder for the loaf, make it with 3 tablespoons of flour and 2 tablespoons of butter or other fat to one cup of liquid.

Sponge cake: 4 large or 5 small eggs; 1 cup sugar; 1 cup sifted soft-wheat flour; 1/2 teaspoon salt; 3 teaspoons lemon juice; 1/2 lemon rind grated. Because of their delicate texture, sponge cakes require more careful mixing and baking than many other cakes. This is a good general method to follow for sponge cakes: Beat the egg yolks until they are light and add the sugar. Then add the sifted flour with 1/4 teaspoon of the salt. Add the other 1/4 teaspoon of salt to the egg whites and beat them very stiff. Fold the egg whites into the mixture and at the very last add the lemon juice and the grated

lemon rind. Pour the batter immediately into smooth ungreased pans. For a loaf a tube pan is best; or if preferred sponge cake may be baked in muffin pans. Powdered sugar may be sifted over the top to make the crust more crisp. The oven should be ready for the cake as soon as it is mixed and in the pan. A large or medium-sized sponge cake should be baked slowly at about 325°F.; for small cakes the oven temperature may be somewhat higher or about 340°F. A medium-sized loaf requires from 45 to 60 minutes to bake. When done it shrinks from the pan. It may also be well to test it with a clean straw or a toothpick. After it is removed from the oven invert the pan and allow it to cool partially. If it does not drop out easily then, loosen it gently with a spatula.

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QUESTIONS WOMEN ARE ASKING

Question. Why is it being recommended that vegetables, especially the green-leaf kinds, be cooked only for a short time and in little or no water?

Answer. Short, quick cooking of vegetables is being recommended in order to conserve their vitamins. Cooking in little or no water helps to save the minerals needed by the body. If cooked in a great deal of water these minerals are dissolved in the pot liquor and often thrown away.

Question. Do Americans eat as much mutton and lamb as the people of other countries?

Answer. They do not. Americans eat but 5 pounds of mutton and lamb per person each year, while Canadians and French each consume 10 pounds; the British 25 pounds; and the Argentinians 28 pounds. Nearly half of the total quantity of this product eaten in the United States is consumed in the States along the Atlantic Seaboard. It is difficult to understand why this delightful dish is such a stranger on the tables of the Middle West and South.

Question. We like roast lamb at our house. Is any other cut besides the leg suitable for roasting?

Answer. Yes. A good shoulder of lamb makes a roast almost as satisfactory as the leg. In addition it is much cheaper. This cut of meat will roast and carve better if you will have your butcher remove the bones and tie it into a roll. The cavity left may be filled with either a bread or spinach stuffing.

Question. What causes "sugaring" or crystallization in maple, sorgo (sorghum) and sugar cane sirups?

Answer. In the desire to make a sirup with a thick consistency which is often favored by the consumer and which prevents its souring easily, the producer may carry the evaporation process too far. If this happens then there may be deposited crystals of sugar in the sirup container before or after opening it. Sirups that have sugared should not be condemned on that account, neither should this be taken as an index of its quality. "Let the flavor be your guide."

A heavy bodied sirup without crystallization, which should please the critical consumer, can now be produced by using a special process developed in the Bureau of Chemistry.

Question. From what plant is derived the candied citron used in fruit cake?

Answer. The citron used for this purpose is the fruit of a citrus tree resembling a large, coarse lemon, with very thick rind and a small amount of pulp. The pulp is discarded in preparing the candied peel. The tree can be grown only in warm climates.

Question. What are the label requirements of the Federal food and drugs act on canned fruits and vegetables?

Answer. The only positive label requirement in the Federal food and drugs

act is that all canned food labels shall bear a correct statement of the net weight of the contents of the can. If other statements are made on the label, they must be true and must not be false or misleading in any particular.

Question. What is kapok?

Answer. Kapok is a fiber which grows around the seeds in the pod of a plant grown chiefly in Southern Asia and the East Indies. Attempts to spin it have not proven very successful and therefore we have had few fabrics on the market made of this fiber. Trade names resembling this name in pronunciation have usually designated fibers made partially or wholly from artificial silk. Kapok is used in upholstery and mattresses and is particularly valuable as stuffing material for life preservers.

Question. Do pile fabrics wear well?

Answer. The wearing qualities of these fabrics depend very largely upon whether or not sufficient extra yarn has been used to hold the pile into the body of the fabric. It is always well to examine such fabrics very carefully and note how readily the pile can be pulled away from its foundation.

Question. Is paper ever used as a textile fiber?

Answer. There are some novelty fabrics and very inexpensive floor coverings being made partially of paper. However, they are not commonly found at the present time.

Question. Should I use an abandoned well for a cesspool?

Answer. No. Such practice may pollute nearby wells or distant downhill wells, and is prohibited by law in many of the States. Methods of safeguarding wells are explained in two Farmers' Bulletins "Farmstead Water Supply" and "Sewage and Sewerage of Farm Homes."

Question. How can I get rid of a wet spot in my cellar?

Answer. Drainage is the surest and often the simplest remedy. From a nearby depression or ditch lay 4-inch drain tile to and along the outside bottom of the cellar wall, thus intercepting the groundwater before it seeps into the cellar.

RADIO SERVICE
Housekeepers' Half-Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

Release March 18, 19 or 20.

WHAT TO HAVE FOR DINNER.

What shall we have for dinner? Lenten menus are still in order, therefore, an egg dinner is an excellent solution of this ever-present problem. This is the time of year to eat omelets of every sort, as well as eggs cooked in the many other appetizing ways. Whether you like your omelets fluffy, as many expert American cooks make them, or flat as the French think they should be, makes no difference in the food value of the result. We'll tell you how to make each kind, after a few minutes, and you can take your choice.

As a source of efficient protein, minerals, and vitamins, eggs can hardly be surpassed by any other one food, unless it be milk. In iron, egg yolk is the richest of all our common foods. So, in planning to make omelet the main dish for dinner, you may be quite certain that you are following the requirements of good nutrition as well as those of economy and of the Lenten season.

You may, of course, make any kind of an omelet you like best, but we are suggesting a plain omelet with a tasty Spanish sauce which will be especially good with rice. For a first course in today's dinner we have planned corn soup. This is made with milk and canned corn so the materials present no special problem, but you will hear the exact recipe later. Some of those tiny little cheese-flavored crackers, or larger crackers toasted with cheese on top, could be served with the soup. If you haven't had whole-wheat bread or graham biscuits lately they would be very good with the omelet course.

The omelet must be kept warm while the soup is being eaten. A very low oven will take care of this. Do not pour the Spanish sauce over the omelet until the last minute. Be sure to have an abundance of the sauce, however, so that it may be used on the rice too.

Yellow or rutabaga turnips are among the most delicious of the winter vegetables. Above all things, don't overcook them. Yellow turnips are valuable as a source of vitamin C, and long cooking destroys this vitamin. Also long cooking makes turnips strong and dark, and entirely spoils their fresh, sweet flavor and attractive yellow color. Wash and pare them and cut them in thin round slices or in pieces small enough to boil tender in from 15 to 20 minutes. Use salted water to cover them, with a teaspoonful of salt and one of sugar to each pound of the vegetable. When the turnips are done, drain and mash them, and season them liberally with butter as well as salt and pepper. Or pour some cream into the mashed turnips if you have it. Or keep the thin round slices whole and pour some melted butter over them in the serving dish as they go to the table.

Apple sauce with cup cakes makes an easy dessert. Use cookies if you prefer them or have them on hand. Here is the complete menu:

Corn soup

Omelet with Spanish sauce

Rice, yellow turnips

Apple sauce and cup cakes

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TODAY'S BEST RECIPES.

(Read very slowly or repeat.)

You will need your notebooks and pencils now to take down the recipes. The first is corn soup. The ingredients required are as follows: 1 can of corn, 1 pint of milk, 1 slice of onion, 2 tablespoons of butter, 2 tablespoons of flour, 1 teaspoon of salt, a dash of pepper and a little paprika. If the corn is in large kernels you may wish to put it through a coarse sieve before adding it to the other ingredients of the soup. This is a matter of personal preferance however, and some persons like the grains of corn better. Mince the onion and

cook it in the butter for about 5 minutes, but do not let it brown. Then add the flour, add the milk to the corn, and bring to the scalding point. Thicken with the mixture of flour, butter, and onion, and add the seasonings. If you wish only a slight trace of onion flavor, put the slice of onion in the milk and heat in the double boiler for 15 or 20 minutes, instead of cooking it in the butter. Remove the onion and combine the other ingredients of the soup in the way we have described. A few grains of popped corn on the top of a dish of corn soup adds a festive touch.

To make a fluffy omelet, separate the yolks and whites carefully and beat them well. To the yolks add as many tablespoons of milk as you have eggs and enough salt for seasoning, and mix well. Then fold in the fluffy whites, until they are well blended but be careful not to stir roughly and so release the air which you have taken pains to beat into the whites. Many cooks prefer to use water in place of milk.

Choose a heavy pan such as an iron skillet, if you have one, and of such size that the mixture will cover it about one inch deep when it is poured in. Put this pan on to heat while you are beating the eggs. Melt in it enough butter to coat the bottom, but do not allow the butter to brown. If the butter gets too hot , it may cause the omelet to burn and the flavor will be ruined. The secret of a perfect omelet is to cook it at a moderate temperature. Pour the egg mixture into the skillet and cook it at a low even heat. The air then has a chance to expand and raise the omelet before the proteins of the egg and milk set. Managed in this way they set gradually without becoming tough, and the omelet cooks through thoroughly. If you are using a small size gas or oil burner, move the pan about so that the omelet will cook around the edge at the same rate it does in the center. Use a spatula or broad thin limber knife to lift the edges of the omelet gently in order to find out when it has browned on the bottom.

Then put in under a low flame in the broiling oven or on the shelf of a hot baking oven for a few minutes until the top sets. Or, if you prefer, cover the pan during the whole cooking period and so cook the top of the omelet with steam. Then crease it through the center, fold it over with your spatula or knife, and turn it onto a hot platter without attempting to lift it out of the pan. Pour the Spanish sauce over it and serve at once.

Flat omelets as the French make them are a little easier and quicker to handle because the yolks and whites of eggs are beaten together, not separately. Milk or water is added in the same proportion, one tablespoon to each egg. Use a large heavy pan, with melted butter, again being careful not to have it too hot and to cook the mixture slowly and evenly on both top and bottom. When it is golden brown, roll it in the pan, and turn it out onto a hot platter.

Spanish or creole sauce depends for its characteristic flavor on a combination of pimiento or green pepper, tomato, celery, and onion. Minced ham or bacon is often added as in the following recipe, but for a Lenten menu may be omitted. The ingredients are: 1 pint of canned tomatoes, 1 chopped green pepper, or an equal quantity of chopped canned pimientoes, 1/2 cup of finely chopped raw celery, 2 tablespoons of chopped onion, 2 tablespoons of butter, 1 tablespoon of sugar (if liked), 1/2 tablespoon of minced parsley, 4 tablespoons of minced ham or bacon, 1 bay leaf, salt and pepper to taste. The onion is minced and cooked in the butter until it is tender and yellow; then the peppers, celery, tomatoes, and seasonings are added and simmered together for half an hour. Remove the bay leaf before serving. This sauce will be somewhat thickened as the moisture cooks out of the various vegetables, but it will need at least a tablespoon of flour blended with a little melted butter stirred in toward the end of the cooking period. Pour it over the omelet and serve. As already said

there should be plenty of the sauce so that some may be eaten with the rice too. Just how much you will need will of course depend on the size of your omelet. You can easily enlarge this recipe by adding more tomato.

QUESTIONS WOMEN ARE ASKING.

Question: What food elements do turnips supply in the diet?

Answer: Turnips have been discovered to be a rich source of vitamins, especially vitamin C. Only comparatively few of our common foods are known to contain this particular vitamin and it seems to be rather easily affected by heat of cooking and ageing of the food material. It is a good plan, therefore, to include quickly cooked turnips often in the winter menu. They are also rich in calcium, a mineral constantly needed by the body.

Question: What is a good way to use up left-over hominy grits?

Answer: Cutting them in slices, and browning in butter or other fat makes left-over grits into a most appetizing dish good to serve at any meal. The slices should be at least a half inch thick, dipped in flour, and fried a delicate brown on both sides. Have the fat hot enough to form a brown crust quickly on the grits before the inside soaks up the fat. Also time the cooking so that the fried grits can be served as soon as they are browned.

Question: Why is an abundance of eggs in the diet said to be better for you than an iron tonic?

Answer: Egg yolk heads the list of iron-rich foods and is one of the best possible means of supplying the body with this valuable mineral, says the United States Department of Agriculture. It contains phosphorus and calcium, too, elements needed to build bones, teeth, and other tissues. The white of eggs come very near to being pure protein which is one of the chief substances

of our bodies. Eggs are also rich sources of vitamins, those A B C's of the diet needed to promote health and proper development. Taken all and all, then, the hen beats the doctor as a mixer of spring tonic, for she combines minerals with other valuable foods in a form that the body find particularly useful.

Question: What is the difference between chocolate and cocoa?

Answer: Chocolate and cocoa are both derived from the seeds of trees growing in tropical countries which differ in genus from thos which produce coconuts. Chocolate results from grinding the roasted seeds freed from germ and shell or husk and contains fifty per cent or more of fat. The ground seeds are sometimes subjected to hydraulic pressure to obtain the cacao fat or butter whereby more than one-half is removed. The residue remaining when ground and sifted produces cocoa. Breakfast cocoa contains not less than twenty-two per cent fat.

Question: How can I tell whether or not a fabric is all linen?

Answer: The only way of being sure is to examine some of the fibers under a microscope. There are physical characteristics of the flax fiber which distinguish it very markedly from cotton. The tests usually advocated such as moistening a spot and noting whether or not the moisture spreads rapidly are of very little value. A small quantity of mercerized cotton may be very well concealed in so-called linen fabrics and cannot be detected by household methods.

Question: When I attempt to remove spots from soiled garments which cannot be washed, rings are usually left. Can this be avoided?

Answer: The rings left on the fabric around the place from which a stain has been removed are usually due to an accumulation of the sizing or dressing placed on the cloth by the manufacturer. This dissolves in the solvent used

in cleaning and "runs" into the outer edge of the circle of moist fabric. Often this can be avoided by gently "working" the solvent into the fabric with a piece of cheesecloth or a sponge, having a blotter or cheesecloth pad underneath to absorb the soiled solvent as it passes through the fabric. In this way the dressing may be scattered into the surrounding fabric where it will not show. A very bad case of ring formation can only be remedied by dipping the entire garment in a solvent such as gasoline. This is not a wise thing to do in the home, however, as the danger of fire not only from open flames but from electric discharges between parts of the garment is very great.

Question: What is a safe method of removing grease spots at home?

Answer: Almost all effective fat solvents are inflammable and are not to be recommended for home use. An exception to this is carbon tetrachloride which can be purchased at any drug store. It will be found to be a very valuable addition to the spot-removing materials kept in the cleaning closet. Place the wrong side of the fabric face down on a blotter and apply small quantity of the solvent with a small piece of cheesecloth or a sponge. A pad of cheesecloth may be used in place of the blotter, sometimes to much better effect. The stain may be soaked in a small amount of the solvent placed in a small dish, although this method is more likely to produce a ring.

Question: Does a septic tank kill disease germs?

Answer: No. Some of the harmful germs in sewage die during their passage through a tank but a septic tank has no more power of killing germs than does an ordinary barrel, box, or cistern. A portion of the solids in the sewage decompose or rot, but the escaping liquid is still foul and dangerous. Farmers' Bulletin "Sewage and Sewerage of Farm Homes" gives further information.

Question: My well water stinks. What shall I do?

Answer: The trouble is probably due to the death and the decomposition of animal or vegetable matter which has dropped in through openings in the well top. Stop using the water for drinking, cooking or dishwashing, unless it is boiled, and thoroughly clean the well. Methods of cleaning are described in Farmers' Bulletin "Farmstead Water Supply."

Question: The constant drip of a kitchen faucet annoys me. How can I stop it?

Answer: Replace the worn seat washer with a new fiber washer. Shut off the water, unscrew the cap nut, unscrew the stem from the body of the faucet, unscrew the washer screw with a screw driver, put on a new washer, assemble the parts, and turn on the water. Farmers' Bulletin "Simple Plumbing Repairs in the Home."

RADIO SERVICE
Housekeepers Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture

Reserve

Release March 22, 23, or 24.

WHAT TO HAVE FOR DINNER.

What shall we have for dinner? In many parts of the country is has been customary to regard liver as a breakfast dish. According to present-day ideas about foods, however, there are at least two good reasons why the favorite combination of liver and bacon may well be reserved for dinner. For one thing, many people are not demanding the heavy type of breakfast that was eaten years ago. Meat and potatoes, doughnuts, pie, and other hearty foods have been superseded by lighter fare. Breakfast in many households now consists of fruit, cereal, eggs variously prepared, bread in some form, and coffee or cocoa.

Secondly, liver is one of the most important meats in regard to the protein and calories it furnishes the body, ranking with round and sirloin steak in these constituents, so it may well take its place on the hearty dinner menu. Dr. Henry C. Sherman of Columbia University tells us also that "liver contains all three vitamins." "It is worth while," he continues, "to realize that the nutritive value of liver is higher than that of ordinary meats because of this vitamin content; and to see that liver is utilized fully as human food." Liver is a rich source of vitamin A, sometimes called the growth-promoting vitamin, and for that reason valuable in the diet of children. It is also a good source of vitamin B and a fair source of vitamin C, both of which aid in preventing certain diseases which develop if these vitamins are lacking in the diet. Recent experiments have also shown it to be one of the most valuable sources of iron in cases of anaemia. So encourage a taste for liver and serve it fairly frequently. As it is usually accompanied by bacon and often by fried onions these somewhat pronounced flavors

help to modify the characteristic liver flavor for those who would not like it otherwise.

No distinction in food value is made between the various kinds of liver,- beef, calf, lamb, or hog. Chicken liver is still higher in protein than the others, but it is seldom that one has enough chicken livers on hand to make a dinner of them, unless the local market sells separate parts of chicken by the pound. Beef liver is lower in price than calf liver, but cooking tests have shown it to be equally tender and palatable when properly prepared. Lamb livers are sold whole, rather than by the pound. They are difficult to find in the average market, but are usually available when lambs are slaughtered nearby, or a local merchant buys entire lambs and with them the "fancy meats" as butchers often call the internal organs.

In most of our menus we have had fruit for dessert and a starchy food of some sort with our meat. This time we shall introduce a little variety by having a fruit appetizer and a starchy dessert. Vary the pattern of your meals once in a while in this way and see how much the family enjoys it. You may have for your appetizer simply oranges cut up and served in a sherbet cup, or a mixed fruit cup, or half a grapefruit. If you choose the latter, you can decorate the cavity from which seeds and "rag" have been removed, with a canned or maraschino cherry, or with a little chopped crystallized ginger, if you have it, or with bits of dates or figs or prunes.

The vegetables served with the liver and bacon will be scalloped parsnips, for which a recipe will be given, and string beans,- fresh, if not too expensive, or your own or some commercial brand of canned ones. Then for dessert, nothing could be nicer than a generous helping of slightly warm gingerbread, with or without whipped cream. We'll tell you how to make it.

Summarizing the menu:

Orange cup or grapefruit

Liver and bacon, fried onions, scalloped parsnips, string beans, canned or fresh

Gingerbread, with or without cream.

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TODAY'S BEST RECIPES.

(Read very slowly or repeat)

Are you ready with pencils and paper? We'll give directions for cooking the liver and bacon first. Cook the bacon, allowing one or two thin slices for each person. Use a broad iron skillet and cook it over a slow fire, watching it to prevent scorching or uneven cooking. Take the pieces out and drain them the moment they are delicately browned and crisp. If you leave them in the fat they will be greasy. While the bacon is cooking, wipe the liver and slice moderately thin if you did not have the butcher do so. Many cooks pour boiling water over beef liver to draw out any blood remaining on it. The outer skin and veins may be removed if you wish. Hog and lamb livers are improved by scalding. Beef and calf livers are good either scalded or unscalded. Sprinkle each piece lightly with salt and, if you use it, a little pepper. Dip in flour and cook in the bacon fat as soon as the bacon is done. Keep the fire low and cook the liver slowly. A hot fire makes it dry and leathery and the edges often scorch. If the fat scorches it will not be good when you come to make your gravy. If you want fried onions with the liver they may be cooked at the same time. Cut the onions in thin round slices. When the liver is tender and golden brown, take it from the pan and keep it warm while you make the gravy. Strain the fat and then take 2 tablespoons of it and mix with about 1-1/2 tablespoons of flour. There will be some flour already in the fat since the liver was floured. Use a cup of milk to

mix with the fat and flour and cook the gravy until smooth. Season with salt and pepper. If you prefer pour the gravy over the liver, or serve it separately. Garnish the dish of liver with the bacon and perhaps a bit of parsley.

Many persons who have never liked parsnips before have changed their minds when they tasted these delicate scalloped parsnips. They may be prepared early in the day and reheated in a baking dish.. When you are buying your parsnips, select the heaviest ones. Those of light weight may be pithy. Scrub the parsnips clean, cook them until tender in lightly salted water; 20 to 30 minutes will be enough for medium-sized ones. Drain them and scrape off the outer skin, split them lengthwise, pull out the woody cores, place in a shallow baking dish, and cover them with a white sauce made with butter, flour and milk. Or if preferred the liquid for the sauce may be top milk or cream, and less butter will then be needed. After this sauce is poured over the parsnips, cover the top with bread crumbs which have been mixed with melted butter. Then bake in a moderate oven until the parsnips are thoroughly heated and the buttered crumbs are golden brown.

The following recipe for gingerbread is taken from Farmers' Bulletin 1450, "Home Baking." If you have not seen this bulletin send to the United States Department of Agriculture for it by all means, for it contains directions for making different kinds of yeast breads, quick breads, pastry, cake, and cookies. (Repeat bulletin number). Gingerbread is mixed by the so-called batter method. The dry ingredients are mixed and sifted. The eggs are beaten slightly and added to the other liquid ingredients, which are then stirred gradually into the dry. The melted fat is added last to the batter rather than mixed with the liquids.

"Take down the ingredients now:

1 cup milk
3-1/8 cups sifted soft-wheat flour
1/3 cup fat
1 egg
1/2 teaspoon soda
4 teaspoons baking powder
1/2 cup sugar
1 cup molasses
1/2 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cloves
1/2 teaspoon cinnamon

These amounts will make 2 thin loaves. If you prefer to have individual cakes use muffin pans. Since gingerbread is richer than muffins, it is more likely to fall in the oven if not properly baked. For a shallow loaf the oven should be moderate (about 375° F.); if muffin pans are used, it should be fairly hot, or about 400° F.

Sour milk may be used instead of sweet in the same quantity, but in that case the soda should be increased to a scant teaspoon and the baking powder decreased to 2 teaspoons.

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QUESTIONS WOMEN ARE ASKING.

Question: Why do some recipes call for sour milk and soda and baking powder too? I thought that the gas formed by sour milk and soda would make a batter or a dought mixture light.

Answer: Sour milk and soda can generally be depended on to leaven a thin batter such as that of pan cakes. For a dough, such as that for biscuits, or a thick batter, some baking powder is generally needed in addition to the sour milk and soda. Just enough soda to neutralize the acid in the sour milk should be used, that is, a scant half teaspoon of soda to each cup of sour milk. This has leavening power equal to about 2 teaspoons of baking powder and would be sufficient for about 2 cups of flour. If more flour than that is used in the mixture, you will need baking powder to make it light.

Before proceeding further with the program we shall take a moment to urge you to direct those questions which come to your mind from day to day to this station. They will be referred to the Bureau of Home Economics of the U. S. Department of Agriculture which prepares the Housekeepers' Half Hour and the answers will reach you by letter and over the air from this station.

Question. The waffles stick in my electric waffle iron. What is the trouble and should I grease it?

Answer: No. An electric waffle iron should never be greased. Perhaps your waffles stick because you have not put enough melted butter or other shortening into the batter. One or two extra tablespoons of melted shortening in the batter will often keep waffles from sticking in an electric iron. Also when the waffle is brown and crisp and ready to take out of the iron, jab a fork firmly into it and lift the waffle straight up. If you work around the edges with a knife attempting to loosen it in that way, the waffle will break and be almost impossible to get out whole.

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Question: How does the vitamin content of milk vary?

Answer: The vitamin content of milk depends largely on the vitamin content of the ration of the cow. Milk richest in vitamins is obtained from cows that have plenty of green feed and sunlight. Cows kept in their stalls and fed largely on dry feeds and cured hay produce milk that is relatively low in vitamins.

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Question: How are dill pickles treated so as to give them the characteristic flavor?

Answer: Dill pickles are prepared by putting them in a mild salt solution. In such a salt solution fermentation takes place within the cucumber, developing acid. Dill herb is also added, which gives a distinctive flavor to the pickles, though they may be made without the addition of the dill.

Question: Just how are dill pickles made?

Answer: Dill pickles may be made in either stone jars or clean water-tight kegs or barrels. For a four-gallon jar proceed as follows: Place in the bottom of the jar a layer of dill and half an ounce of mixed spice, then fill the jar to within two or three inches of the top with washed cucumbers, which are as uniform in size as possible. Add another half ounce of spice and a layer of dill. Pour over the pickles a brine made up as follows: Salt, one pound; vinegar, 3/4 quart; water, 10 quarts; Cover with a board or plate, with sufficient weight on top to hold the cucumbers well below the brine. The vinegar is not always added but it is desirable, since the cucumbers are less likely to soften if the vinegar is used. If the temperature is high enough (86° F.) the cucumbers will be cured in about 2 weeks. Any scum which comes to the surface should be skimmed off. When the fermentation is complete the pickles should be protected in some way against spoilage. They may be covered with a layer of paraffin, or they may be sealed in glass jars or tin cans. In transferring them to glass jars, fill with fresh brine made as directed above, adding a small amount of dill and spice. The brine should be boiled, then cooled slightly before pouring over the pickles.

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Question: Why may the water bath method of processing be used in the home canning of fruits and tomatoes, whereas nonacid vegetables must be processed under pressure?

Answer: For successful canning the temperature applied should ordinarily be the lowest possible that will insure a safe product. While no growing or so-called vegetative bacteria will survive for any length of time at the temperature of boiling water (212° F.), some bacteria are able to go into spore form. These spores are killed only by very long-continued heating at boiling temper-

ature, especially if the fruit or vegetable being canned has juice that is alkaline or only very slightly acid. When the juices are acid, as in fruits and tomatoes, all forms of bacteria are killed more quickly at 212° F. which is the highest temperature possible in the water bath. Corn, peas, beans, and other vegetables that do not have acid juice need to be processed under steam pressure at temperatures higher than 212° F.

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Question: Is it proper to use the juices in which vegetables are canned, or should the juices be discarded?

Answer: With practically all vegetables, except tomatoes, a brine or syrup containing small amounts of salt or sugar or both is added to the solid vegetable in the process of canning for the purpose of seasoning the product, producing a well filled can and assisting in the proper cooking of the product. During the processing treatment, mineral matters, sugars and other soluble materials dissolve in the liquor. It is evident that the discarding of this liquid means the loss of valuable food material. So unless the solid pieces of vegetables are to be used for special purposes such as the preparation of a salad, the throwing away of the juice represents a loss of the food material of the can.

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RADIO SERVICE
Housekeepers Half Hour
OFFICE OF INFORMATION
United States Department of Agriculture

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Reserve

Release March 25, 26 or 27.

WHAT TO HAVE FOR DINNER

Again we must decide the question - What shall we have for dinner? A few more Lenten menus are appropriate. For this week creamed finnan haddie with hard-cooked eggs will be a pleasant change. It may be preceded by vegetable soup if you like. As finnan haddie, or haddock, is both smoked and salted it keeps for some length of time and is consequently obtained inland as well as near the sea coast. If the dealer will sell you half a haddie, it is better to buy half a good-sized plump fish than to take a whole haddock that is thin and small. The flesh in the former case is in more desirable flakes and the few bones will be easier to find and remove.

The fish may need to be freshened. It is then simmered, picked from the bones, and creamed. In buying, allow about half a pound of fish for each person to be served. While the fish is being prepared hard cook your eggs. Allow from a half to a whole egg for each person. Then make your sauce. Detailed directions will follow for preparing the entire dish. If you can not get finnan haddie, dried codfish could of course be used in its place.

Plain boiled potatoes put through a ricer will be very good with this creamed fish and eggs. If you have no ricer, mash the potatoes. Baked potatoes would be good too, but at this season and particularly this year when the potato crop was short, it is rather difficult to find old potatoes of regular enough size and shape for baking. For ricing you can use imperfect ones of any size and shape. There are also new potatoes in the large markets, and they are a real spring delicacy when boiled whole and served with melted butter and minced parsley.

We are suggesting a blend of greens for the second vegetable in today's menu. The flavor of a blend of greens is sometimes better liked than one kind alone. Also when the first spring greens come it is not always easy to get enough of one kind to serve to a large household. Spinach, kale, and dandelion greens make a

particularly good combination. To conserve the mineral constituents and the vitamins for which greens are important in the diet they should be cooked the shortest possible time and with only a little water or none at all except what clings to the leaves. They may be cooked in the customary way in a saucepan, then chopped and seasoned with butter; or they may be panned in a heavy skillet. If you use the latter method, cut and chop the greens into short lengths first. Then melt butter in a heavy skillet, allowing about 1 tablespoonful to each quart of greens. Put the greens into this and cook them for 3 to 5 minutes, stirring constantly. Add salt and pepper just before serving. The flavor of the dandelion greens which some persons find too pronounced when they are cooked alone blends with the others and makes this combination very appetizing. Mustard, turnip greens, cabbage sprouts, or any other local favorites may be used in such combinations.

Grapefruit is in season just now and so a grapefruit salad may be selected to follow the finnan haddie. French dressing is to many tastes the most appropriate for use on such a dinner salad. French dressing has the added advantage that it is quick and easy to make. Mayonnaise also combines well with grapefruit. In a few minutes we will tell you how to make both kinds so that you can suit your own preferences. If you are in a hurry, cut the grapefruit in halves and scoop out the pulp with a spoon. If you can take a little more time a more attractive salad can be made by first peeling the grapefruit then pulling the sections apart just as you would those of an orange, and skinning each piece separately. If you are using French dressing, a few nut meats are good sprinkled over the fruit after the dressing has been poured on. Two or 3 strips of pimiento laid on the top of each salad adds a decorative touch.

If you do not wish to end your dinner with grapefruit salad, rhubarb or lemon pie would be a good substitute for it. After the smoked flavor of the finnan haddie you need a tart salad or dessert with which to top off.

The entire menu is:

Dreamed finnan haddie with hard-cooked eggs

Riced potatoes, blend of spring greens

Grapefruit salad with French dressing, or rhubarb or lemon pie

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TODAY'S BEST RECIPES FROM THE UNITED STATES DEPARTMENT OF AGRICULTURE

(Read very slowly or repeat)

Are you ready to take down the receipes? We'll begin with the creamed finnan haddie. For a family of five you will need about 2-1/2 pounds of haddie. Cut the fish into two or three large pieces so that it will fit conveniently into a saucepan. The amount of cooking that the finnan haddie will need depends on how salty and dry it is. If it seems very salty and somewhat hard, it may need to be brought slowly to the boiling point in water, this drained off, and then cooked for 15 to 20 minutes in a second water. If the haddie is moist and not very salty, it can be cooked entirely in one water and will then be tender so that the bones can be picked out and the meat separated into flakes. In the meantime, cook the eggs. Three or 4 will be sufficient to use with 2-1/2 pounds of haddie. Put them into cold water, bring to the boiling point and keep them on the back of the stove or in a double boiler for 30 to 40 minutes. Plunge into cold water so that the shells can be peeled off easily. Slice or cut up the eggs after the shells are removed. Make a white or cream sauce in the following proportions: 2 tablespoons of butter, 2 tablespoons of flour, 1 cup of milk, 1/2 teaspoon of salt, a little pepper if you like. Melt the butter, stir in the flour and add the milk slowly. Cook until smooth and creamy. You will probably need to double this amount if you have fish enough for 5 or 6 persons. Into this sauce stir the flakes of fish and the sliced eggs. In adding the eggs be careful so that the yolks do not separate from the whites. Reheat a minute or two and serve.

Now for the salad dressing. For French, or oil and vinegar dressing, use these proportions and make any amount you need; 1/2 teaspoon of salt, a few grains of cayenne, paprika if desired, 2 tablespoons of vinegar, 6 tablespoons of oil. An old cookbook used to say that French dressing required "a spendthrift for oil, a miser for vinegar, and a madman to stir it up." At any rate, add vinegar sparingly and beat the ingredients together until they are well blended. If you have a cruet or other bottle with a tight stopper you can keep French dressing on hand all the time, simply shaking the bottle vigorously when ready to use the dressing.

There is little difficulty in making a good mayonnaise that does not separate if the ingredients and bowl are cold and the oil is added very slowly at first, only a few drops at a time. Begin by measuring out the oil and vinegar in cups or better still small pitchers from which you can pour them easily and carefully. You will need one cup of oil and 2 tablespoons of vinegar, or lemon juice, or both mixed together. Put an egg yolk in a cold bowl and beat it with a dover or rotary egg beater until it is slightly thick. Add 1 tablespoon of sugar 1/2 teaspoon of mustard, a few grains of cayenne, and 1 teaspoon of salt. Some people add the salt last, believing that this prevents curdling or separating. Mix these dry ingredients well and start adding the oil drop by drop, beating it in, then adding increasingly larger amounts, but always with care not to add too much at a time. When the mixture is quite stiff and thick, and about a third of the oil has been added, thin with a little of the vinegar and lemon, but do not add much at a time. Continue adding oil and vinegar alternately until all of each has been used. A single egg yolk can be used as a starter for double these amounts of oil and acid, but the seasonings must be increased proportionately. Keep the dressing in a covered jar in a cold place but do not allow it to freeze. If the dressing should separate while you are making it, you can start with another egg yolk in a fresh bowl and add the unsuccessful dressing little by little

as at first until it is all worked in. Fresh oil and vinegar can then be added to make a large amount of dressing. Mayonnaise soon liquefies when put on meat, fruit or vegetables, so it should not be added to the salad until serving time.

If you have on hand some sour cream, you may prefer to make a cooked dressing. A good method is as follows: Beat an egg very light, and add to it 1/4 teaspoon of mustard, 1/2 teaspoon of salt, 1/4 teaspoon of paprika pepper, 1/2 tablespoon of sugar, 1/4 cup of vinegar, and one cup of sour cream. Mix well and cook in a double boiler, stirring constantly, until thick and smooth. If this dressing has any tendency to separate, strain it before cooling.

An unusual cooked dressing suitable for Lenten menus has cottage cheese added to it. These are the ingredients: 1/4 tablespoon mustard, 1/4 tablespoon salt, 2 tablespoons flour, 1 tablespoon sugar, 3/4 cup sweet milk, 4 tablespoons cottage cheese, 1/8 teaspoon soda, 2 eggs, 2 tablespoons butter, 1/2 cup vinegar, and 1/8 teaspoon cayenne pepper. Rub the dry ingredients together and add egg yolks slightly beaten. Add melted butter, cold milk, and hot vinegar, in the order named, stirring until perfectly smooth. Cook the mixture in a double boiler until thickened. To the stiffly beaten whites of eggs add 4 tablespoons of cottage cheese, which has first been neutralized with soda, and fold the mixture into the cooked dressing. Set the pan into a bowl of cold water and beat well until cool and smooth.

Any one of these four dressings would be good with your grapefruit salad.

QUESTIONS WOMEN ARE ASKING.

the Home Economics Bureau of the United States Department of Agriculture.

Please send your questions to this station and they will be referred to the Home Economics Bureau for answering on the Home Economics program.

Question: What does grapefruit contain that makes it a valuable food?

Answer: Grapefruit is a good source of at least two vitamins, those called B and C, which help to prevent certain so-called deficiency diseases. The pleasant aromatic odor of grapefruit also literally makes the mouth water, or in other words starts the flow of digestive juices, and the acid that gives the tart flavor helps the food to move through the digestive tract in a healthy way.

Question: When is the best time to put eggs into water glass for home use?

Answer: March and April are the two best months for putting up eggs for home use. Eggs are then of best quality and are lowest in price. If eggs. are preserved later than this, infertile ones should if possible be chosen.

Question: What is a reliable home method of preserving eggs?

Answer: A good method of preserving eggs is to put them in a clean stone crock and cover them with a solution of so-called"water glass." The concentrated water-glass solution may be bought at the drug store. One part of this should be mixed with 9 parts water which has been boiled and cooled. Stir this mixture well and pour it over the eggs.

Question: Are the leaf stalks or leaves around the head of cauliflower good for cooking?

Answer: Carefully trimmed and cut into short pieces the leaf stalks make a very palatable dish as to the leaves. If the quantity available is not sufficient to cook and serve separately, the leaves and stalks boiled until tender and seasoned can be served as a garnish along with the head of

the cauliflower. An English custom is to cook a small cauliflower without trimming off leaves and stalks if they are in good condition.

Question: What are some good fabrics for summer curtains?

Answer: Tub-fast, light-fast fabrics are the best for summer curtains. If the furnishings of the house are simple, inexpensive materials such as unbleached muslin, crepe, gingham, English prints, and cheesecloth are suitable. Linen, either dyed or in nautral colors, cretonnes and chintzes in various colors and patterns are also appropriate, and the good qualities of these fabrics go well even with fine mahongany and walnut furniture.

Question: Jelly glasses, drinking glasses, and fruit jars frequently become chipped. How can this be remedied?

Answer: Not only are chipped edges unpleasant but they also afford a lodging for micro-organisms and not infrequently for soap used in washing. The chipped places on the edges of tumblers and other glass articles can be made smooth by rubbing down with fine emery paper, or with fine sandpaper if the emery is not available. To avoid breathing the glass dust, one should tie a dampened cloth over the nose and mouth. Such repair as this is quite commonly carried out where food is sold and served in quantities, emery wheels instead of emery paper being used to smooth down the chipped and broken edges. In this case, too, precautions should be taken to avoid breathing the glass dust.

RADIO SERVICE
Housekeepers' Half-Hour
OFFICE OF INFORMATION
United States Department of Agriculture

1.9
In3Hh

Release March 29, 30, or 31.

Reserve

WHAT TO HAVE FOR DINNER

What shall we have for dinner? One of the most popular and satisfactory dishes for these last days of Lent is baked beans. The traditional pork may, of course, be omitted at this season, and butter used instead. Later when you try baked beans again, you may wish to include the pork, so we will tell you how to make it both ways. Whatever way they are baked, tomato sauce or tomatoes served with the beans will greatly enhance their flavor. Any sort of beans may be used - white, navy, pea, lima, soy, and other dried beans - but the Bostonians prefer pea beans for their famous dish.

Beans supply protein as well as a large proportion of starch, but the protein is not so efficient a kind as that of meat, milk, and eggs. It is well, therefore, to serve a milk or egg dish at the same meal with beans. In this menu, for example, we have suggested a milk-vegetable soup and Spanish cream, a dessert containing a large proportion of eggs. Most of the dried beans are good sources of vitamin B, but as vitamins A and C are also needed these must be furnished by other foods. The soup, the raw vegetable salad, and the Spanish cream supply these vitamins. Have tomato soup if you do not use tomato sauce on your beans; otherwise have cream of spinach soup which we will tell you how to make.

The raw vegetable salad includes any you can get from among the following: Cabbage, carrot, turnip, celery, green pepper, onion. A leaf of lettuce of any sort or water cress or cabbage will make a good "bed" for the vegetable mixture. Use French dressing. You are familiar, of course, with most of these vegetables used raw in salads, and raw cabbage finely shredded in cold slaw. If the idea of raw carrot or raw turnip is new to you, grate a little of each and mix with these other ingredients. Any preferred combination or proportion

may be used. You will have a good salad if you take a half cup each of celery and pepper, a quarter cup each of carrot and turnip and a talespoon of minced onion for each cup of shaved cabbage. "Boston brown bread" goes naturally with baked beans and will be greatly relished by the family. You may make it with raisins or without as you like. It will be easiest to serve the salad with the beans, so the brown bread will be eaten with both. A receipe is to be given.

Spanish cream is one of the most delicious desserts one can make. It is also delicate and easily digested and especially suitable to give to children. As it is necessarily made early in the day to give the gelatin time to set, this dessert is one that the housekeeper will welcome. Many flavors may be used in a Spanish cream, such as chocolate, caramel, butterscotch, almond, orange, vanilla, or different fruit flavors. Vanilla is almost universally liked, so we are giving that in today's receipe. Cream or fruit sauce may be served with the Spanish cream but neither is necessary.

Here is the complete menu:

Tomato soup, or cream of spinach soup

Baked beans, Boston brown bread

Raw vegetable salad

Spanish cream

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TODAY'S BEST RECIPES

The Bureau of Home Economics of the United States Department of Agriculture has furnished all recipes given in connection with these menus. Directions should be carefully followed. The quantity of each ingredient should be exactly noted, and level measurements always used. Are you ready with your pencils and books now?

First, is cream of spinach soup. This is made from either spinach cooked for this purpose or from left-over spinach. Put a quart of milk to heat in the double boiler with a slice of onion in it. From half to one cup of cooked spinach will be enough to combine with this amount of milk. A quarter to a half pound of fresh spinach will yield about this quantity when cooked. Whether the spinach was prepared previously or at the time of making the soup, all liquor from it should be saved and used with it. Some of the valuable mineral constituents of the spinach are dissolved in this liquor. Wash the spinach thoroughly, chop it and put it in a saucepan with one or two tablespoons of hot water-just enough to keep it from scorching until the leaves are wilted and the spinach liquor develops. Salt it lightly. In about 10 minutes the spinach will be done. Mince it very fine or press it through a strainer and add it to the hot milk. Melt two tablespoons of butter and blend with two tablespoons of flour. Pour a little of the hot mixture on the flour and butter and add gradually to the soup. Season to taste, remove the slice of onion, and serve. If you prefer more onion flavor, mince the onion and cook it in the melted butter before adding the flour, then add the hot milk with the spinach.

Pea beans are used for old-fashioned baked beans, but a very good, substantial dish may be made from any of the other kinds suggested. A pint of dried beans will make a large potful, and the seasonings we are giving are in proportion to this amount. Soak the beans overnight and then cook gently until they can be pierced but are not mushy. The skins will break easily. Put the beans in the pot with a quarter pound piece of well streaked salt pork in the middle, rind side up. The rind should be scored. If you are not using meat mix about six tablespoons of butter with the beans as you put them in the pot. Add the seasonings blended with a little hot water. Use a teaspoon of salt, a teaspoon

of mustard, two tablespoons of molasses or sugar and a tablespoon of minced onion, if you like it, or a small onion cut in slices. Bake the beans in a very moderate oven from 6 to 10 hours. Add a little boiling water from time to time but never enough to bring the water beyond the top of the beans. Keep the lid on the bean pot until the last hour, then uncover and allow the top beans to become nicely browned.

To make Boston brown bread you will need the following ingredients: 1 cup corn meal; 1 cup rye meal; 1 cup graham flour; 2-1/2 teaspoons soda; 4 teaspoons baking powder; 1 teaspoon salt; 3/4 cup molasses; 2 cups sour milk, or 1-3/4 cups sweet milk. Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam 3-1/2 hours in well-buttered covered molds. One pound baking powder tins make very satisfactory molds. Remove the covers and bake the break long enough to dry the top. This may be made also with 1-1/2 cups each corn meal and rye meal and no graham flour. A cup of seeded and shredded raisins or prunes or a cup of Zante currants may be added.

To make a quart of Spanish cream use one ounce of gelatin to one quart of milk. Put the gelatin to soak in half a cup of cold water. Add half a cup of sugar and a fourth of a teaspoon of salt to the milk and put on to heat in a double boiler. Beat 5 egg yolks and gradually add the hot milk to them. Mix well, pour back into the double boiler and cook this mixture until it thickens like a soft custard. Then add the softened gelatin to this hot mixture, stir well, strain, and cool. Meanwhile beat the 5 egg whites until light and fluffy. Fold them into the custard after it has begun to set and add a teaspoon of vanilla. Pour into individual molds or a pudding dish, wet with cold water, and set away to become firm. Serve with cream or a fruit sirup.

QUESTIONS WOMEN ARE ASKING

Question: In cooking a soft custard, how can I tell when it is done?

Answer: A soft custard should be cooked slowly in a double boiler and stirred almost constantly. If a custard is cooked in this way at a temperature lower than boiling a longer time is required but the custard is smooth and velvety. When it coats the spoon the custard is done and should be removed at once from the heat and cooled rapidly. Setting it in a pan of cold water will stop the cooking and prevent the custard from curdling.

Question: If a soft custard has been cooked so much that it curdles, can it be made smooth again?

Answer: Yes An overcooked soft custard that has curdled can be made smooth by beating with a dover egg beater.

Question: Is it harmful to eat fish and milk together?

Answer: No. If fish is fresh or properly preserved there is no reason why it should not be eaten with milk. Fish and milk are frequently cooked together and eaten in the form of chowders or milk gravies. Creamed fish on toast or served with potatoes is a favorite dish and is often given to children. Certainly if these two articles of diet are not harmful when cooked together they will not be when eaten at the same meal. Supersititions about two foods being incompatible are most likely to arise when one of the two foods is particularly liable to spoil. This applies to the superstition about shellfish and milk. Or it may arise in connection with foods that are eaten on picnics or other festal occasions when people either overeat or do not observe the ordinary precautions in taking care of food materials.

Question: Can I make jelly from rhubarb?

Answer: Yes. Jelly of very attractive color and flavor can be made from rhubarb juice by adding pectin extracted from apples or lemons. The lemon pectin extract is preferable with the rhubarb. Rhubarb with bright-colored skin should if possible be chosen for jelly making and the young tender stalks are best. To be sure that it will set, rhubarb jelly needs to be cooked a few minutes longer than most other kinds.

Question: On opening the tomatoes I canned in tin last year, I find the cans are perforated around the top. What causes this? Is it because the tomatoes were too acid?

Answer: The perforations in tin cans are probably due not to too acid content of the tomatoes but to the presence of oxygen in the can due to insufficient exhaust in the can. It can be avoided by using hot pack next time or by heating the tomatoes thoroughly after they have been placed in the can and before the can is sealed.

Question: In making quick breads and cakes, how much baking powder is needed to each cup of flour?

Answer: In general for each cup of flour 1 to 1-1/2 teaspoons of baking powder are needed. Butter cakes that have a great deal of egg white may, however, need less. Pop-overs and sponge cakes are the exception and require no baking powder at all.